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JASON SEGEL & EMILY BLUNT HAVE CHARISMA TO BURN IN QUIRKY FLICK THE FIVE-YEAR ENGAGEMENT PAGE 13

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Neighbourhood feel is Osborne's prized strength

Bragging rights. Osborne Village is named the country's best neighbourhood

ALYSSA MCDONALD
winnipeg@metronews.ca

Osborne Village has won a nationwide competition and been named Canada's Great-est Neighbourhood. The annual Great Places in Canada contest takes nominations from all over the country and then lets the Canadian Institute of Plan-

ners decide which is the best. There is also a People's Choice Award, which Osborne Street won for Great Street. City Coun. Jenny Gerbasi has represented the area since 1998 and said the area has "a neighbourhood feel." "There are a lot of people and amenities here. You can get whatever you need right in the neighbourhood," Gerbasi said. Gerbasi said the diversity of the people who live there contribute to the neighbourhood, which is the densest in Winnipeg. According to Osborne Village's nomination for the award, more than

8,000 people live in the 231-acre neighbourhood. "People who live there, love living there," Gerbasi said. Metro Winnipeg spoke with the Osborne Village BIZ earlier this month when it was announced the area had been short-listed. "For those who work, live and play in the Osborne Village, this bolsters our pride and evokes a huge sense of community," said Susan McCaine, executive director of the Osborne Village BIZ. Winnipeg has taken the top spot two years in a row as The Forks won for best public space last year.



Nolan Koswin, owner of Osborne Village's eNdo clothing, left, stands with customer Patrick Bayle, with Osborne Street behind them. ALYSSA MCDONALD/FOR METRO

Buy local, Buy Manitoba

Government hopes new program has the right ingredients to promote homegrown foods PAGE 3

Student ready to blast off

American is headed for outer space after winning Metro's global Race for Space contest PAGE 8

New season, new Pierce

After taking the Bombers to the Grey Cup last year, QB is back with a healthier mind and body PAGE 21

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Protection. New rules take aim at car-repair rip-offs

New rules announced by the province will hopefully help Manitobans steer clear of fraudulent car-repair shops.

"Most car-repair businesses treat customers fairly but, unfortunately, there are some situations where consumers need protection," said Premier Greg Selinger Thursday in a press release.

"Our plan will take what many businesses do already as good business practices and make them the standard, helping to ensure that Manitobans know what will be done and how much it will cost to repair their vehicle."

Healthy Living Minister Jim Rourke said the complexity of today's cars means consumers can feel vulnerable or unsure when auto-repair shops try to explain what needs to be done to repair their vehicle.

The rules will apply to car, truck and motorcycle repairs.

They don't apply to repairs completed as part of a claim through Manitoba Public Insurance, since it has its own procedures and protective measures. **ELISHA DACEY/METRO**

New rules

- **Consumers** are to be given an estimate for repairs; **the final cost** is to be within a prescribed range of the estimate; **repair work** is to be authorized by the consumer; **parts** are to be kept separate and returned to the consumer in certain circumstances; **clear disclosure** and information for consumers are required through signs in the shop as well as the provision of invoices; and a **warranty** is required on new or reconditioned parts and labour.



Flames spread through the grass in Assiniboine Forest near Shaftesbury Boulevard. **ALYSSA McDONALD/FOR METRO**

Street closed. Assiniboine Forest catches fire

Assiniboine Forest caught fire Thursday afternoon, sending white smoke over much of the forest and Charleswood.

Traffic was redirected on Shaftesbury Boulevard between Grant and Wilkes avenues after police closed the street in the early afternoon. The fire began around 12:30 p.m.

The fire, which started in some bush in the forest, spread quickly through the

grass and moved closer to the edge of the forest near Shaftesbury Boulevard.

Four fire trucks were on the scene with hoses being used to transport water as the trucks could not get to the flames inside the forest. Firefighters had the blaze mostly under control by 4:30 p.m. and were putting out hot spots.

There was no immediate official word on a cause. **METRO**

Buy Manitoba launches to lure customers to local

Look for the label.
The \$3-million, three-year program promotes homegrown food products



BERNICE PONTANILLA
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Buy Manitoba is the latest addition to local grocery store shelves.

The program, which was launched on Thursday at the River East Safeway store, promotes food products processed and produced in Manitoba.

"When we buy local, we create jobs in rural communities," said Premier Greg Selinger at the launch. "The public has been ahead of us on this.... They've been asking, 'Where can we buy more local products?'"

Anita Bergen, who just happened to be at the River East Safeway shopping for her groceries, said the new program is fabulous.

"During the speeches, I felt like saying 'Go Manitoba

go,'" she said with a smile. "If there's the option to buy locally, I will."

The colourful labels currently adorn about 1,000 products that Safeway carries, including Bothwell Cheese Inc., Granny's Poultry, Lucerne and Winnipeg Old Country Sausage Ltd.

Craig Evans, CEO of the Granny's Poultry farmers' co-operative, said the initiative connects consumers with producers.

"More and more often consumers want to know who's producing their food," said Evans. "It's truly a win-win situation all around."

The Buy Manitoba program is a \$3-million, three-year public-awareness campaign that is funded jointly by the province and industry contributions, and is administered by the Manitoba Food Processors Association.

For an item to be considered a Manitoba food, it must be made entirely from ingredients sourced from the province or composed of more than 85 per cent main ingredients from Manitoba. All the processing and packaging activities must be done in the province.



Shopper Anita Bergen said among her favourite Manitoba products is Lucerne ice cream, which will now be easily identified through the Buy Manitoba label. **BERNICE PONTANILLA/METRO**



NEWS

On the web

Erotic reading for men, too

Seems it's not just the ladies who are devoted to the erotic trilogy *Fifty Shades of Grey*. Men — young, old, gay and straight — have been devouring newcomer EL James' sexy series. Read the full story at metronews.ca

Teachers as the teasers?

Teachers south of the border have been caught hurling insults like "bastard," "tard," "damn dumb" and "hippo in a ballerina suit" at a special-needs student. Suspicious parents had armed their kids with audio recorders to figure out what was going on at school. Watch at metronews.ca

Mobile news



After two emergency landings in one week caused by birds flying into planes, a U.S. senator is asking for a solution that could solve the problem once and for all. Scan the code to read about the fatal goose roundup.

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Fashionistas of Winnipeg, take note: It's Fashion Week!

Designer Justin Burke is primed and ready for the spotlight to shine on his creations in his first fashion show during the inaugural Winnipeg Fashion Week.

"It's unbelievable," said Burke. "It's a lot of work but it's going to be worth it."

Burke's Ultra Violet Fashion Show takes place this Saturday at Essence Nightclub and includes 11 models, 36 outfits, a DJ and dancing. Tickets are \$10 and can be purchased at the door or at Safire Hair & Esthetics. At the young age of 22, Burke has already made a splash on the local scene through his website Runway Fashions.

"It's quite an accomplishment for me to be 22 and have enough product and know enough people to pull this together," said Burke, adding that Winnipeg's fashion scene "may be small but the industry is so full of life here, so we wanted to showcase it."

Melissa Campbell, of Panache Model and Talent Man-



Mikayla Stanick, left, and Desiree Joyal display creations by Winnipeg designer Justin Burke, centre.
BERNICE PONTANILLA/METRO

agement and School, said much of Burke's early success can be attributed to his character.

"It's because he is a kind and charismatic person," she said. "When you're a good person and have that positive energy, you draw positive people to you."

"Sometimes I forget how young he is."

The Ultra Violet show caps off a week of events, from the Virulent Solstice last Sunday, to the St. Paul's Fashion Show on Wednesday and the Ronald McDonald House Fashion Show on Thursday evening.

BERNICE PONTANILLA/METRO

New garbage schedules coming this fall

The City of Winnipeg is ditching the old six-day garbage-collection cycle in favour of a five-day cycle.

Starting in August for those with autobins and by October for everyone else, garbage collection will happen on the same day every week.

The only exception, said city administrators, will be on holiday weeks, where garbage collection will be pushed forward one day for everyone for that week only, and those who normally see a Friday garbage collection will instead see a Saturday garbage collection.

Peggers who do not have a garbage cart will receive them starting in June of this year. Recycling carts will also be delivered starting in June. It's expected it will take four months to deliver all the carts to home-



Garbage and recycling collection will move to a five-day cycle.
ELISHA DACEY/METRO FILE

owners.

Curbside yard-waste collection will begin this year, in August for residents in the autobin area, and October for the rest of Winnipeg. Collection will happen every two weeks, and residents can put their yard waste on the curb to be collected. This will run from April to November every year.

ELISHA DACEY/METRO

Frustrated over Disraeli closures? Get used to it

Traffic jam. Patience will continue to be a required part of the daily commute over the Disraeli freeway for thousands of residents



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Since Easter weekend, when road-rebuilding work began on the stretch of Henderson Highway from Hespeler to Talbot avenues, drivers have been caught in long line-ups to get onto the Disraeli.

The congestion has also spread to two other bridges, the Redwood and the Louise, as motorists look for alternate ways to get to their jobs downtown or head home after work.

Stephen Chapman, traffic-management engineer with the City of Winnipeg, said the partial closure of the curb lane on the west side of Henderson was necessary to prepare traffic to be directed further east around construction crews and onto the Disraeli.

However, this has caused problems for buses and vehicles wanting to use the Redwood Bridge, as well as for homeowners on streets parallel to Hespeler, which some



Traffic has been much slower as commuters try to find alternative routes to the Disraeli Bridge. BERNICE PONTANILLA/METRO

motorists have been using as a shortcut.

"(Vehicles) have to shift quite a bit to the east" from the curb lane, said Chapman. "That reality does mean that we don't have the ability to keep all three lanes open."

Chapman said his department is currently in the observation phase and welcomes any comments citizens would like to provide.

"We get feedback through 311 and the project team," said Chapman. "We also go out and do the observations."

When crews finish on the

west side of Henderson, they will move to the east side, causing another traffic shift.

"The whole road is being reconstructed, from property line to property line," added Chapman.

This weekend, all south-bound lanes of the Disraeli Bridge over the Red River will be closed to allow for concrete to be poured on the new bridge.

This closure starts on Friday at 7 p.m. and will be ongoing until 6 a.m. on Monday. Construction hours will be extended to complete this work

over the weekend and avoid a larger disruption.

Since construction will be ongoing until the fall, Chapman suggests motorists who live further north on Henderson use the Chief Peguis Trail to get to Main Street and those residing further east to use Archibald and Provencher.

According to the City of Winnipeg, the Disraeli Bridge project is the largest to date and at its peak will support about 120 construction jobs. The cost is estimated at more than \$195 million and is on track to be completed this fall.

Sinkholes close Winnipeg streets

Thanks a lot, Mother Nature.

With the continual freezing and thawing that Winnipeg sees every season, potholes are a way of life, but two streets in Winnipeg are closed after sinkholes opened up in the past 24 hours.

The first was Ingersoll

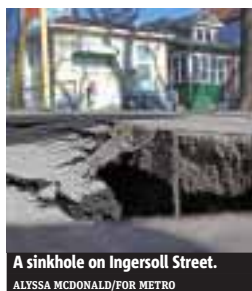
Street in the West End. The sinkhole formed Wednesday evening, closing the residential street between Ellice and Sargent avenues.

The second happened Thursday morning, causing some traffic headaches on Corydon Avenue after it was closed due to a large sinkhole there. Corydon re-

mained closed between Wilton and Guelph streets.

The City of Winnipeg said Thursday afternoon the south side of Corydon would likely remain closed until Monday as repairs are done. It blamed the sinkhole on a collapsed catchwater pipe.

METRO



A sinkhole on Ingersoll Street.
ALYSSA MCDONALD/FOR METRO

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Harper to vote against motion from his own MP

Abortion debate.

Conservative backbencher wants to set up committee to review Criminal Code language on fetuses

Prime Minister Stephen Harper says he'll vote against a motion introduced by one of his own MPs that has reignited the national abortion debate.

The Opposition and pro-choice advocates have criticized Harper for allowing debate on the motion.

Harper called the abortion motion from MP Stephen Woodworth unfortunate.

The motion would set up a committee of MPs to review the Criminal Code section that says a fetus does not become a human until birth is complete.

Harper says every member of Parliament has a right to introduce private-member's business.

NDP Opposition Leader Thomas Mulcair calls the mo-



MP Stephen Woodworth rises on Thursday to start the debate on when human life begins. ADRIAN WYLD/THE CANADIAN PRESS

tion a back-door way for the Conservatives to please their supporters by reopening the abortion debate. The oppos-

ition parties rejected an assertion by Harper that he doesn't want to reopen the abortion question. **THE CANADIAN PRESS**

Whoops

PMO likely shredded historical documents

The prime minister's mail room has lost some historical documents on sports, music and politics — and they appear to have been accidentally shredded.

The package of six documents, a gift, arrived in the facility last May. The envelope was date-stamped as being received but it got lost.

THE CANADIAN PRESS

Military hearing

Once-happy son killed himself after tour: Mom

Sheila Fynes is telling a military complaints commission about her son, Cpl. Stuart Langridge, who killed himself in 2008 after returning from Afghanistan in 2005. Fynes says a boy who was once happy-go-lucky shut down after coming home.

THE CANADIAN PRESS

Elderly beekeeper

Accused war criminal, 91, lives quietly in Quebec

A man alleged to be one of the world's most-wanted Nazi war criminals is living a quiet life keeping bees and selling honey in rural Quebec.

Vladimir Katriuk's name was recently added to the Simon Wiesenthal Center's list of the world's 10 most-wanted suspected former Nazis. The married Ukrainian-Canadian of Ormstown, Que., won't discuss the allegations.

THE CANADIAN PRESS

Michael Rafferty trial

Crown's case winds down

The car belonging to the man accused of killing Victoria Stafford was an assortment of poorly done or odd modifications. Those features can be seen in surveillance video from the day the girl was abducted, court heard Thursday in London, Ont.

THE CANADIAN PRESS

Expenses

Oda has repaid limo costs: Office

International Co-operation Minister Bev Oda has agreed to repay almost \$3,000 she charged taxpayers for limousine service while staying at a posh hotel in London.

The beleaguered Conservative minister had already coughed up \$1,353.81 in extra hotel charges after media reports that she upgraded to the five-star-plus Savoy Hotel for unknown reasons during a conference last June.

The conference on international immunizations was at another five-star hotel where Oda cancelled her cheaper room in favour of the tonier Savoy, more than two kilometres away.

A terse message from Oda's office said all costs that should not have been expensed have been repaid.

Oda's expensive tastes, including a \$16 glass of orange juice at the Savoy, created a storm of controversy as the government is cutting development funding.

THE CANADIAN PRESS



DON'T FORGET TO ADD THE CODE! 10-DIGIT DIALING IS COMING TO MANITOBA.

Starting July 29, 2012, all local communications in Manitoba will need to be dialed using the area code and the telephone number. This will prepare us for adding a new area code, which will double the available phone numbers in the province.

Get prepared. As of July 29, 2012, local 7-digit dialed calls will generally be interrupted by a network message before being connected. Keep in mind that transmissions made by devices like alarm systems, fax machines, and dial-up Internet modems may be affected by this message. Because of this, it's *critical* to adopt 10-digit dialing before July 29, 2012. Remember to add area code 204 to all local numbers stored in places like telephones, speed dial lists, databases, and alarm systems. And, make sure to update your number on stationery, advertising, and signs.

As of October 20, 2012, local calls dialed without the area code will not be completed.

A new area code: 431. The new area code 431 will be gradually introduced starting November 3, 2012, and will co-exist with area code 204. The new code will simply join the current one, with no impact on existing telephone numbers — a real advantage. The new area code will be assigned only when the existing inventory of 204 numbers is used up.

Numbers in existing area code 204 will not change

Only new telephone numbers will be assigned the new area code

Local calling areas stay the same

Special numbers like 9-1-1 will still be dialed using 3 digits — no area code required

www.dial10.ca

Sierra Leone. Civil-war survivors celebrate warlord's conviction

Thousands of people who survived Sierra Leone's brutal civil war a decade ago celebrated Thursday after learning that Charles Taylor had been convicted for his role in the conflict that left behind countless amputees and traumatized former child soldiers.

Officials had set up special viewing sites for people to watch the verdict live as it was read from the Netherlands.

On Thursday, officials set up an area for several hundred residents of Tombodu to listen to the verdict live from the Netherlands, but they couldn't

Justice

"I am happy that the truth has come out ... that Charles Taylor is fully and solely responsible for the crimes committed against the people of Sierra Leone."

Jusu Jarka, survivor

get a radio signal. Some villagers carrying transistor radios wandered hillsides trying to pick up a signal from the capital, Freetown.

THE ASSOCIATED PRESS

Airport adventure

Puppy escapes onto LaGuardia runway

A puppy named Byrdie delayed several flights at New York's LaGuardia Airport when she escaped from her crate and ran around a

busy runway.

The Port Authority says the dog was loose for about 10 minutes Wednesday while authorities unsuccessfully tried to catch her.

The agency says they had to find the dog's owner aboard the Memphis-bound Delta Airlines flight to help catch her.

THE ASSOCIATED PRESS

Sounding off through song



Some 40,000 people stand in the drizzling rain in Youngstorget Square in Oslo on Thursday to participate in the singing of "Barn av Regnbuen" (Children of the Rainbow). KYRRE LIEN/THE ASSOCIATED PRESS

Power of music

Those gathered sang the Norwegian lyrics:

"A sky full of stars, blue seas as far as you can see. An earth where flowers grow, can you wish for more? Together shall we live, every sister, brother. Young children of the rainbow, a fertile land."

Norway. Thousands gather in public squares to commemorate those killed in massacre

They gathered by the tens of thousands, aiming to face down terror with the power of music.

Inspired by a Facebook-organized protest, Norwegians flocked to public squares across the country Thursday, ignored the drenching rain and lifted their voices in song.

Their target: Far-right fanatic Anders Behring Breivik, now on trial for a bomb-and-shooting rampage that killed 77 people. Their weapon: A children's tune that he claims has been used to brainwash the country's youth into supporting immigration.

Defiant singalongs of Children of the Rainbow were staged in Oslo and other major Norwegian cities, while in court survivors of Breivik's attacks gave tearful testimony in the ninth day of his trial.

In downtown Oslo alone, some 40,000 people chimed in as Norwegian artist Lillebjørn Nilsen played the song

— a Norwegian version of American folksinger Pete Seeger's My Rainbow Race.

In testimony last week, Breivik mentioned the tune as an example of how he believes cultural Marxists have infiltrated Norwegian schools and weakened its society.

Later, the crowd marched to the Oslo courthouse, where they laid a carpet of red and white roses on the steps and the fence.

Reached at home in Beacon, N.Y., the 92-year-old Seeger told The Associated Press he had heard about the mass gathering from Nilsen, who called him Thursday morning.

"I said, 'Oh, that's wonderful,'" Seeger said. "It's a tremendous honour, really. One of the greatest honours a songwriter could have is to have a song of theirs sung in another country."

Shocked by Breivik's lack of remorse for the massacre, Norwegians by and large have decided the best way to confront him is by demonstrating their commitment to everything he loathes. Instead of raging against the gunman, they have manifested their support for tolerance and democracy.

THE ASSOCIATED PRESS



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Paying homage to victims of Chernobyl

A woman lights candles in Kyiv to honour the memory of the victims of the Chernobyl disaster on Thursday. Ukrainian President Viktor Yanukovich paid tribute to the victims on the 26th anniversary of the world's worst nuclear disaster, saying his country is committed to building a new, safer shelter over the reactor.

SERGEI CHUZAKOV/THE ASSOCIATED PRESS

Newspapers targeted

Deadly terrorist attacks hit Nigeria

A suicide bomber and a man armed with explosives attacked two Nigerian newspaper offices on Thursday, killing seven people and

wounding at least 26. The radical Islamic sect Boko Haram claimed responsibility.

In Abuja, the suicide bomber rammed his car through the gates of the ThisDay office and drove into the reception area before the explosion, which killed at least three people.

A separate attack in Kaduna, at an office shared by three newspapers, also included a car loaded with explosives and killed four.

Another bomb exploded late Thursday afternoon on the outskirts of Kaduna, causing unknown injuries, police said.

THE ASSOCIATED PRESS

Pakistan PM serves token detention after contempt conviction

Symbolic sentence.

Court decision touches off political turmoil for a regime already rocked by security and economic problems



Riot policemen stand guard as a supporter of Prime Minister Yousuf Raza Gilani, centre, shouts slogans in Gilani's support in Islamabad, Pakistan, on Thursday. MUHAMMAD MUHEISEN/THE ASSOCIATED PRESS

Pakistan's Supreme Court convicted the prime minister of contempt on Thursday but handed him a symbolic sentence of less than a minute's detention, allowing him to leave the building surrounded by cheering supporters and still in power.

The ruling against Prime Minister Yousuf Raza Gilani triggered renewed political turmoil and could lead to his dismissal in the coming months.

The tensions risk consuming a government already burdened with major economic and security challenges.

The latest twist in a long-running saga came as an American envoy arrived in the country to kick-start negotiations over Washington's broken but vital alliance with Pakistan.

Gilani was charged with contempt for his refusal to pursue a long, dormant corruption case against his political master, President Asif Ali Zardari. The court could have sent him to prison for

six months and ordered his immediate dismissal from office, but appeared to blink first in what has been a bruising standoff.

The parliamentary speaker and election commission must now decide whether the conviction is reason to dismiss Gilani as a lawmaker, and hence as prime minister, a procedure that could take up to four months.

THE ASSOCIATED PRESS

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America's Justin Dowd wins Race for Space

Metro winner. Physics student from Boston beats thousands for ticket to outer space

Justin Dowd from Worcester, Mass., has won the Race for Space, the global competition to select one Metro reader to travel into space.

Dowd beat candidates from across the globe to win the coveted once-in-a-lifetime ticket on board the XCOR Lynx, a first-generation, rocket-powered space plane currently being built by space-flight company SXC (Space Expedition Curaçao).

Dowd has both the mental and physical strength needed

to be a perfect astronaut. Dowd, a physics and maths undergraduate at Northeastern University, wowed the judging panel with his stunning chalkboard stop-motion video on Einstein's theory of relativity. Aside from his studies, Dowd is currently training for a grueling 19-kilometre endurance obstacle-course race.

"My motivation for him is that he really provides an amazing package in the combined qualities of scientific background, artistic qualities, dedication and the gift to tell a fascinating story," said Harry Van Hulten, test pilot with SXC and global jury member that selected Dowd.

"He is absolutely unique. He taught me things in his video that I didn't understand as well as I do now. He really blew me away with that. I can't think of any better ambassador to tell the story about this space trip than him."

Dowd will receive astronaut training ahead of the trip scheduled for 2014. The "civil-



Northeastern University student Justin Dowd's dreams of space are about to come true. NICOLAUS CZARNECK/METRO

Quoted

"It's pretty awesome.... This is just the beginning!" Justin Dowd

ian astronaut" will be able to chronicle his preparations and space flight in a series of reports published in Metro

across the globe.

"I have dreamt of going to space since starlight first streamed into my telescope,"

Dowd said. "My instinctive desire to see the Earth from above connects to a fundamental human yearning. Cur-

iosity drives us to hurdle into the unknown for a chance of learning a deeper truth about our world." **METRO WORLD NEWS**

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Iraq

Shiite cleric, Kurdish leader tackle political deadlock



Shiite cleric Muqtada al-Sadr, left, shakes hands with Kurdish President Massoud Barzani upon his arrival in Irbil, Iraq. KHALID MOHAMMED/THE ASSOCIATED PRESS

Two political leaders who put Iraq's prime minister in power met Thursday to discuss if they should withdraw their support, now that a bitter sectarian political deadlock has even led to calls for secession.

Hardline anti-U.S. Shiite cleric Muqtada al-Sadr flew to Iraq's northern Kurdish region, in what was billed as a historic visit, to meet with its president over how to end the months-long political impasse.

The mini-summit underlined the explosiveness of Iraq in the wake of the U.S. military pullout in December, marked by bloody attacks and the political stalemate, both sectarian in nature.

Speaking to reporters at the airport in Irbil, the capital of the Kurdish region, al-Sadr pointedly avoided blaming Prime Minister Nouri al-Maliki personally for letting the Shiite-led government sideline Kurds and Sunnis, as his critics accuse. But the cleric demanded inclusiveness in Iraq's politics, because "divisiveness is not good for the people."

"I have said it many times: The policy of exclusion and the policy of marginalization must end in Iraq," al-Sadr said.

THE ASSOCIATED PRESS



An anti-Syrian regime protester with Arabic script on her hands (reading "Free Syria") and face ("Freedom"), attends a protest in Idlib, north Syria, on Wednesday. EDLID NEWS NETWORK ENN/THE ASSOCIATED PRESS

Syrian regime, rebels trade blame for blast

Explosion. Opposition group says cause of the destruction was not immediately clear, but estimated death toll could be as high as 70

UN observers on Thursday inspected the site of an explosion that flattened a block of houses in the central Syrian city of Hama and killed at least 16 people, while the government and the opposition traded blame over the cause of the blast.

Syrian state-run media said rebel bomb-makers accidentally set off the explosives. Anti-regime activists said intense shelling by government forces caused the extensive damage. It was impossible to independently verify the conflicting accounts because President Bashar Assad's regime, facing a 13-month-old uprising, has restricted access for journalists and other outside witnesses.

The spokesman for UN special envoy Kofi Annan, Ahmad Fawzi, said observers visited the site but he didn't have immediate word on what they saw.

Two UN observers are stationed in Hama, part of an advance team of 15 monitors who are visiting hot spots to try to salvage a ceasefire that is part of a peace plan aimed at ending the violence and bringing the two sides to the negotiating table. The observer team is to be expanded in the coming weeks to up to 300.

Amateur videos said to be of Wednesday's blasts in Hama showed a large cloud of white and yellow smoke rising from a neighbourhood surrounded by green fields. In a later video, dozens of people searched through the debris, including huge chunks of cement and broken cinder blocks. Another clip shows the bloodied body of a little girl being carried through a crowd of wailing men.

The state-run Syrian news agency SANA said rebels mishandling explosives triggered

UN intervention

- With the violence in Syria continuing despite UN-led efforts to implement the truce, the international community has grown increasingly impatient with the Assad regime.
- UN Secretary General Ban Ki-moon demanded Thursday that the Syrian government immediately comply with its commitment to withdraw troops and heavy weapons from cities and towns, said UN deputy spokesman Eduardo del Buey.

a blast that killed at least 16 people and severely damaged at least six houses.

The Local Coordination Committees, a network of activists, denied that and said it was intense shelling from government tanks that caused the damage. The group put the death toll as high as 70, but that estimate was not confirmed by others. THE ASSOCIATED PRESS

Attack. American fatally shot by man dressed in Afghan army uniform

A man wearing an Afghan army uniform fatally shot an American service member in southern Afghanistan, officials said Thursday, the latest in a string of attacks against U.S. and other foreign forces by their Afghan partners or insurgents in disguise.

Since the beginning of the year, there have been at least 16 such attacks against American and other international troops. The U.S.-led coalition is trying to mentor and strengthen Afghan security forces so they can lead the fight against the Taliban and foreign troops can go home by the end of 2014. That mission, however, requires a measure of trust that has been repeatedly undermined by the deaths of coalition troops at the hands of their Afghan partners.

In one of the highest-profile attacks, a man working as a driver at the Afghan Interior Ministry shot dead two U.S. military advisers at close range in March. That incident alone led the U.S. military to temporarily pull all its advisers out of Afghan ministries.

U.S.-Afghan ties have also

Similar attacks

- Since 2007, more than 80 NATO service members have been killed by Afghan security forces, according to an Associated Press tally, which is based on Pentagon figures released in February.

been under strain following the Qur'an burnings at a U.S. base and the alleged killing spree by an American soldier in the south in recent months. Relations appeared to be shifting back on track with Washington and Kabul agreeing to a long-awaited deal earlier this week on a strategic pact to govern the U.S. presence in Afghanistan till 2024.

The latest attack took place late Wednesday when the shooter turned his weapon on coalition troops and opened fire, the U.S. military said in a statement. International forces returned fire, killing the assailant, the statement said without providing further details.

THE ASSOCIATED PRESS

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Tories table tighter CMHC oversight

Stress tests. With household debt rising, government-backed mortgage oversight increases

The federal government is increasing oversight on the issuing of government-backed mortgages in Canada, while also putting more of the risk for lending on the banks.

As previously signalled in the budget, Finance Minister Jim Flaherty tabled changes Thursday that will place Canada's Mortgage and Housing Corp. under the control of the federal financial regulator.

Flaherty said CMHC has become a significant financial-sector player in Canada, and it was appropriate that it meet the high standards of soundness demanded by the Office of the Superintendent of Financial Institutions.

Minor tweaks

TD Bank chief economist Craig Alexander called the changes "appropriate" and minor "tweaks" to Canada's financial regulations, particularly compared to the major overhaul occurring in the United States.

- "This isn't going to make a big difference to either the real-estate market or Canadians," Alexander said. "Banks will continue to offer covered bonds, but they just won't be able to use CMHC-insured products in those bonds."

"I've been concerned about CMHC for some time. In this sense, it's become an important financial institution in Canada and it was not subject to the same supervision" as banks, he said. **THE CANADIAN PRESS**



Vespa unveiled in India

Models pose with a Vespa scooter during its launch in Mumbai, India, on Thursday. The Italian company hopes to carve out a market for luxury scooters in one of the most cost-conscious markets in the world. The Vespa LX will cost around \$1,282 US in India — a 40 per cent premium to most scooters, but still the lowest sticker price in the world. **RAFIQ MAQBOOL/THE ASSOCIATED PRESS**

Supreme Court. Appeal involving new carrier Wind Mobile denied

A two-year legal battle that centred on whether new wireless carrier Wind Mobile was Canadian-owned and controlled when it entered the market was put to an end Thursday by the Supreme Court of Canada.

The high court decided it will not hear an appeal of a Federal Court decision involving Wind Mobile, meaning it's business as usual for the wireless carrier and its roughly 400,000 customers.

Rival wireless company Public Mobile had argued rules for Canadian ownership and control had not been applied to Wind Mobile and wanted the Supreme Court to hear the case.

As usual, the high court did not give reasons for refusing to

Quoted

"I think they should stop complaining and start competing."

Anthony Lacavera, Wind Mobile chairman

hear the appeal.

"The two-year-long, silly battle brought by our competitor is finally over and we've won," Wind Mobile chairman Anthony Lacavera said.

Wind Mobile was one of several new entrants into the mobile-phone market in Canada following a wireless-spectrum auction in 2008.

Its major backer was an Egyptian telecom company.

THE CANADIAN PRESS

Market Minute

DOLLAR
101.63¢
(-0.05¢)

Natural gas: \$2.036 (-3¢)
Dow Jones: 13,145.85 (+113.90)

TSX
12,145.85 (+34.78)

OIL
\$104.55 US (+43¢)

GOLD
\$1,660.50 US (+\$18.20)

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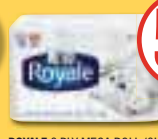
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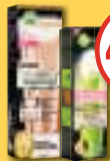
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**SHOPPERS
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KIM AND KANYE, A MATCH MADE IN ... HOLLYWOOD



THE LIST
Neil Morton
Metro

1 Bachelor Canada reveal. The Canadian version of The Bachelor franchise debuts this fall, and next Tuesday, May 1, the first-ever Canuck bachelor will be revealed.

They are dropping daily hints at BachelorCanada.ca about who the lucky guy will be. Here's your main hint: It's not me. I am taken. I know — you're all devastated.

2 The Windsor Hum. A mysterious, low-frequency rumble dubbed the Windsor Hum has been annoying the heck out of people in Windsor, Ont., for the past couple of years. Apparently, it originates from an industrial site in Michigan, and even our feds are now investigating. There's a @TheWindsorHum account on Twitter. Minus that hum noise.

3 Triple play. The Toronto Blue Jays turned a triple play in a 4-3 win over Kansas City, their first since 1979. Though it was really their first since 1992, if you count the terrible missed call in Game 3 of the World Series when Kelly Gruber clearly tagged an Atlanta Braves base runner before he reached base. Same thing happened to me in a T-ball game in 1978.

4 Will and Kate's first anniversary. The world's most famous couple is celebrating their first anniversary this Sunday. Can you believe nearly 365 days have passed since two-billion people watched the royal wedding? Before you know it, WillKat will be celebrating 10 years of marriage with their three kids, two pets and 1.5 cars. In their palace.

5 They grow up fast. A father from the Netherlands filmed his daughter every week from birth up until age 12, and posted a time-lapse video of her growth, called Portrait of Lottie, on Vimeo. It has gone viral, and said dad has totally raised the daddy bar. Message to soon-to-be dads: Get your video cameras ready. You have a lot of filming to do.

6 Ron Artest. He changed his name to Metta World Peace but the L.A. Laker should consider changing it back to Ron Artest or Metta World Chaos after the absolutely vicious elbow he threw at Oklahoma City's James Harden in a game on Sunday. The reputation he worked so hard to restore after that incident in 2004 where he climbed into the stands and started a brawl with fans at the Palace of Auburn Hills, Mich. ? Gone.

7 Kim Kardashian and Kanye West. If you were to put two of the most self-indulgent, conceited, narcissistic people together in the ultimate exercise in match-making egocentrism, you would get this couple. And it has happened. They are an item. But this might not work. See, they are both in love with someone else. Themselves.

8 Ford's weigh-in cancelled. Toronto Mayor Rob Ford, who began his Cut the Waist challenge in January, hoping to lose 50 pounds by June, keeps cancelling his weekly weigh-ins. For the third time in a month, he didn't show up. Either he chickened out or was too busy trimming budgets rather than himself.

9 Red Hot Chili Peppers. Next week, they'll release We Salute You, an EP of classic covers to celebrate their recent induction into the Rock and Roll Hall of Fame in Cleveland, including covers of previous inductees like the Ramones and Neil Young. Doubt Axl Rose would ever do such a thing. He refused to be inducted with his band, Guns N' Roses. (Un)sweet child.



They grow up fast. Watch young Lottie go from baby to pre-teen in the video at metronews.ca/voices/metrotube-of-the-day. VIMEO

Get your blood pumping



IMAGEWISE LTD/REX FEATURES

Body art

U.K. needs more blood this year

LONDON. It's what you can call "body art-ery." Donors from each of the four main blood groups are painted with vessels to raise awareness of the need for donors of all blood types. Britain's National Health Service says it needs 30 per cent more blood than normal during the Diamond Jubilee and Olympic Games. **METRO**

Running low

Public events affect donations

REASONS. The increase is needed because of the high number of events in Britain this year. Past experience shows that donors miss appointments during national celebrations as routines are disrupted. This, combined with foreign visitors with a different blood mix, may also put a high demand on specific blood groups. **METRO**

Donation 101

- After donating, blood is broken up into different parts in a centrifuge machine; red blood cells are then separated from liquid plasma.
- 65 per cent of all blood donations are made in developed countries, home to just 25 per cent of the world's population.

Every unit counts

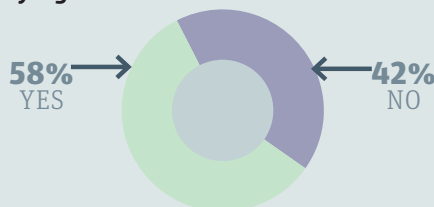
7,000

extra units of blood (each approximately half a litre) is what hospitals in England and North Wales need every day to deal with medical demands. Each unit saves or improves the lives of three patients.



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Have you ever been a victim of workplace bullying?



Twitter

@winnipegfree:

When I was a child, my family's menu consisted of two choices: take it, or leave it.

@TheAlMcLean:

I've got the day off and nothing to do. I think I will look around #Winnipeg for immunity idols in case my entire life is a game of Survivor

@mbadejones:

Read the real life supervillains/heroes story in @metrowinnipeg

today. They forgot to mention their powers of limitless free time.

@KentDriscoll:

My good man in Winnipeg @TP_TV had a great suggestion. All double-doubles ordered in Nunavut should be ordered as a Tootoo.

@AltheWhite:

Does anyone have a kilt or tartan they would like to donate/sell in #Winnipeg? It's for the Caring for Kids Radiothon next Fri - Please RT



Jason Segel and Emily Blunt have a long wait before their nuptials in *The Five-Year Engagement*. HANDOUT

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Waiting for a wedding

The Five-Year Engagement.
Rom-com driven by its charming and charismatic coupling

Richard: Mark, somewhere etched on a stone tablet are the Rules of Rom-Coms™. All romantic comedies, it seems, must have an unlikely couple meet, fall in love, hit an obstacle and then reconcile just before the credits roll. Five-Year Engagement is no different, but shakes up the formula with some dark comedy — frostbite, anyone? — and two leads with charm and charisma to burn.

Mark: Normally I would appreciate the dark touches in a movie like this, but instead I found they wrecked the comic tone. That tone, incidentally, was also compromised by an uneven script that was just too long and repetitive. I have nothing

but praise for the actors, though. I cared about the two leads, and without them there would be no picture, but it was all the wonderful comic turns by some of my favourite character-savvy comedians that made the film. My favourite? Brian Posehn, from the Sarah Silverman Show. Yours, Richard?

RC: I agree with you to a point. I liked the darker touches because they helped separate this from the run-of-the-mill rom-com. Having said that, they also weigh down the midsection of the movie. Luckily this isn't Kristen Bell, or worse yet, Katherine Heigl and any other Standard Romantic Male Lead™, but Blunt and Segel. They are the engine that keeps the movie moving forward. They are helped not only by Posehn, but also Community's Alison Brie, who is a scene-stealer. Watching her and Blunt have a grown-up conversation in Muppet voices is worth the long running time.

MB: Almost, but not quite. The five-year engagement should not feel like it's spooling out in real time. The Muppet scene is priceless. So is Segel's desperate and exhausted sex scene with his younger girlfriend. And if it's dark comedy you like, look no further than Segel's brunch with his parents toward the end of the movie. There is indeed much to admire and enjoy in this movie. But all the jokes that involved life in small-town Michigan seemed worn, as did the restaurant scenes. The university researchers made me laugh, mostly due to Kevin Hart, Mindy Kaling and Randall Park. But see? Too much going on here!

RC: It could have used some trimming, but for me it succeeds not because it follows Rules of Rom-Coms™ but because it doesn't.

MB: And the liberal use of Van Morrison tunes nudges this one over into the plus column for me.

Synopsis

Jason Segel is Tom, a San Francisco chef engaged to his girlfriend Violet (Emily Blunt). The quirky couple — they go to parties dressed as Princess Diana and Super Bunny — are a perfect match, but circumstance is getting in the way of the wedding plans. First Violet's sister Suzie (Alison Brie) preempts her sister's big day by getting pregnant and planning a shotgun wedding. Then psychology student Violet accepts a place in a two-year graduate program at the University of Michigan, once again placing a speed bump in the way of their walk down the aisle.

- Richard: ●●●●●
- Mark: ●●●●●

2

SCENE

Scene in brief

Houston sparkles

Cee Lo Green, Mike Epps and Jordyn Sparks help Whitney Houston return to the big screen for the last time in the girl-group movie *Sparkle*. Houston served as executive producer of the movie, which had already finished filming in Detroit when she died in Beverly Hills on Feb. 11 at age 48. A brief preview Wednesday night at the CinemaCon conference in Las Vegas featured Houston's trademark dazzling smile as she danced in a living room in celebration. The remake of the 1976 movie stars Houston as the mother of three girls who form a singing group and struggle with fame and drug addiction. The movie, scheduled for release in August, was seen as a comeback vehicle for the superstar.

THE ASSOCIATED PRESS

On the web



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Action



Safe

Director. Boaz Yakin

Stars. Jason Statham,
Catherine Chan

• • • • •

While Jason Statham has shown acting skill, the British star's one-note script choices — like playing a former crooked cop seeking redemption by saving a mathematically-gifted young girl from the mob — does little to advance his typecasting. Plus, plenty of up-close frenzied fight scenes only muddle what's an already formulaic action-thriller. If he keeps turning out movies like Safe, Statham will surely end up as this generation's Chuck Norris.

STEVE GOW

Comedy

The Pirates!
Band of Misfits

Director. Peter Lord

Stars. Hugh Grant, David Tennant

• • • • •

Another fantastic stop-motion comedy from filmmaker Peter Lord (Chicken Run), The Pirates! tells the tale of a band of bumbling buccaneers trying to upgrade their captain's award status from "best anecdote of a squid" to the Pirate of the Year despite his sheer incompetence. With plenty of clever visual gags (too many for just one viewing) and witty detail, Lord delivers a triumphant treasure chest for audiences of every age.

STEVE GOW

Thriller



The Raven

Director. James McTeigue

Stars. John Cusack, Alice Eve

• • • • •

Taking the meta-film stance that an ever melancholy, alcohol-fuelled Edgar Poe might have been embroiled in a real-life serial killer case with his own work as the key is a pleasingly post-modern device. And while director James (V for Vendetta) McTeigue's film never really rises to the wild heights that premise promises, it's still an entertaining, handsomely designed yarn well told, undermined somewhat by a meat-and-potatoes script and some weak supporting casting. But John Cusack, finally playing his age, is fantastic.

CHRIS ALEXANDER

Documentary



Bully

Director. Lee Hirsch

Stars. Alex, Ja'Meya, David Long

• • • • •

Bully is a heartbreaking film about how bullying can ruin lives and take them. Following victims of bullies across America, the film explores the problem and what is and isn't being done to stop it. Hirsch documents kids like Alex from Sioux City, Iowa, who are tormented daily. Here's where Hirsch steps in. The director makes no attempt to appear objective. He wants his film to make a difference — he wants to end bullying.

REGAN REID

Documentary



Payback

Director. Jennifer Baichwal

Stars. Margaret Atwood

• • • • •

Based on Margaret Atwood's Massey Lecture series about debt, on paper Payback sounds like about as much fun as watching paint dry. But Manufactured Landscapes director Jennifer Baichwal is able to turn Atwood's words into a highly enjoyable set of present-day vignettes about debt as social phenomenon, be it monetary, legal, moral or even environmental. Along the way, Baichwal and cinematographer partner Nick de Pencier dig up some fascinating subjects.

IAN GORMELY

Quoted

"This father is doing everything he can to just keep things going, keep electricity going, to keep this little baby going..."

"My little girl means the whole world to me. I really want to believe that if I was placed in the same situation that I would be able to see it through to the end and do what it would take to make sure my baby came out on top."

Actor Paul Walker on playing a father struggling to keep his newborn daughter alive in a New Orleans hospital ravaged by Hurricane Katrina in the suspense drama, Hours, which started production recently in the Big Easy.



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Avengers assemble! The stars talk about getting in character

Teaming up. It takes a lot to balance superpowers and share the spotlight with a bunch of other big names

NED EHRBAR
Metro World News in
Hollywood

It's all been leading up to this: Four years after Iron Man — with The Incredible Hulk, Iron Man 2, Thor and Captain America in between — The Avengers assembles Marvel's team of superheroes into the summer's most jam-packed blockbuster.

Written and directed by Buffy creator Joss Whedon, the film finds our heroes united, trading barbs while battling Loki, the superbad-die from Thor. We asked each member to reflect on the making of the film, and check in with some of the supporting cast, too.

Captain America Chris Evans on his role in the team:

I give all these orders. It's like, 'Hulk, you do this impossible thing. Thor, you bottleneck a portal, and Iron Man, you fly over here — and I'll take the stairs' (laughs).

But who would Evans trade places with if he could?

See, I want to say Iron Man because I love those movies. But who can do it better, you know what I mean? You think the shoes would be too big to fill.

Thor Chris Hemsworth on being a graceful Norse god:

I have one [fight] scene where I was on the wire — because



Samuel L. Jackson found it difficult to play straightlaced Nick Fury.

I hadn't learned to fly yet — and I was supposed to come down and land on a cliff. I was supposed to land, step and have a conversation. The first couple of takes, I just face-planted into the dirt. Very ungraceful and unsuperhero-like.

Mark Ruffalo on taking on the mantle of The Incredible Hulk character (he's the third actor to play this role in a decade):

It was terrifying. I knew what my responsibility was, or I felt it just by making the mistake of going online and reading some of the fanboy responses to the announcement that I was playing the next version of Bruce Banner. And that was a mistake. I will never do that again. But I never had a role more scrutinized and criticized before I even shot a single frame.

Iron Man Robert Downey Jr. on not going it alone anymore:

I remember I would get nervous about [the idea of pairing up the superheroes] and excited about it and doubtful of it. By the time Chris and I had launched their in-

dividual franchises with success and charisma, and by the time we had Mark, I was like, wow. So just being a worker among workers is kind of where I started out and it was nice to not have to really have to carry a movie. And everyone was really, really, really equal in this venture.

Hawkeye Jeremy Renner on how surreal it was to assemble the team for the first time:

I think it's just getting all of the actors in one room all in costume — it was like Halloween. I was friends with them as humans, and now they're dressed up like silly people. When everybody was together, that was the most memorable. And creepy and funny. Getting to play with Thor's hammer while he stroked my bow. Oh here we go, that's going to be great. That's going to get me in trouble.

Nick Fury Samuel L. Jackson on being the straight man (unsurprisingly, he didn't love it):

I kept wanting to say [to Thor], 'I don't come your world to blow s— up,' but they won't let me say it!



Chris Hemsworth, left, struggled with learning the grace of a god.

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MAIN LEVEL

*The Zoo is now open on Thursdays 6:30pm-12:00am Free Admission

Friday, April 27 - Tyrants Demise, Autaric(SK), Desecrate Scipture(SK) & Abhorupt ... \$8 at the door

Saturday, April 28 - The Civil Disobedients, Malevolent Hand & Brugada Effect ... \$8 at the door

Friday, May 4 - High Class Low Lifes, The Ruffnecks, The Pinkslips, Seal The Deal & Fecal Approach \$8 door

Saturday, May 5 - West Of Hell (Feat. The Heathen from Zimmers Hole), Liquor w/ guests \$10 at the door

Friday, May 11 - Antikathera, Begrimex Eximious (Alberta), Arcane Axiom & Abhorupt ... \$6 at the door

Saturday, May 12 - On This Day, Hell And Malfunction, Mortalis & Astrocovern ... \$5 at the door

Friday, May 18 - XVI Eyes, Torn From Flames, Split Lip Grin w/ guests

Saturday, May 19 - Kill Star CD Release Party w/ guests

Thursday, May 24 - Stealing Eden (BC) w/ guests

Friday, May 25 - "BOOZFEST XV" (2 Floors - Nite 1) Feat. Tyrants Demise, Exit Strategy (Alberta), Eyam, Arcane Axiom & Ruins

Saturday, May 26 - They Say, The Civil Disobedients w/ guests

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Wednesday, May 2 - 'New Music Wednesdays' MB Music Night. Feat. Dustin Harder And The Dusty Roads Band, Ras-Tamils & Doug Glenn \$3 door

Tuesday, May 4 - "BACK AND FORTH" Feat. Dj's Premium Plus, Mav One & Bruce Lord ... \$5 at the door

Saturday, May 5 - Nom De Strip(UK), Tyler Crichton, Chris Komus, Xpedite, Beeskneez & Grudge ... Adv.tix \$12

Wednesday, May 9 - 'New Music Wednesdays' Feat. Bad JuJu, Burnt Witch Survivors Group & Second Class Heroes ... \$3 at the door

Friday, May 11 - 'Ready Mix' Feat. Colin Shots, Dan L, Faction, Tyler Crichton, Adam M + Devan V & Dj Make Smiles ... \$5 before 11pm/\$10 after

Saturday, May 12 - "HALFWAY TO HELL NIGHT II: BACK TO HELL" Feat. Dj Macabria, Dj Nightshade, Dj Razed & Dj CZI ... Adv.tix \$5/\$7 at the door

Tuesday, May 15 - 'Metal Night' Feat. Tribune (BC) w/ guests ... \$5 at the door

Wednesday, May 16 - 'New Music Wednesdays' Feat. Maxine Peters, Kyla Cederwall w/ guests ... \$3 at the door

Friday, May 18 - Ex Modern Teen, Manic Shakes & Softcore ... \$7 at the door

Saturday, May 19 - 'After Dark' Feat. Adaptive Reaction

Wednesday, May 23 - 'New Music Wednesdays' Feat. The Ronnie Ladobruk Project w/ guests ... \$3 at the door

Friday, May 25 - "BOOZFEST XV" (2 Floors - Nite 1) Feat. High Class Low Lifes, 3 Day Binge, In 2 Months, Seal The Deal & Seconds From Disaster

Saturday, May 26 - "BOOZFEST XV" (Nite 2) Feat. Mung, Zero Cause, Division, The Animalistics & The Whore Moans

Sunday, May 27 - "BOOZFEST XV" (Nite 3) Feat. 2MSU, Wear Your Wounds, Out Of The Ruins (BC), Forged In Fire & On This Day

FREE PARKING & BEER VENDOR LOCATED IN THE BACK OF THE HOTEL

THESE PAGES COVER MOVIE START TIMES FROM FRI., APRIL 27 TO THURS., MAY 3. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Winnipeg

Cinema City McGillivray
2190 McGillivray Blvd.,
204-269-9981

Alvin and the Chipmunks: Chipwrecked (G) Fri-Thu 1:20-6:50
 Ghost Rider: Spirit of Vengeance 3D (14A) Fri-Sat 1:10-3:30-5:50-8:15-10:30
 Mon-Thu 1:10-3:30-5:50-8:15-10:30
 Journey 2: The Mysterious Island 3D (PG) Fri-Sat 12:30-2:50-5:10-7:35-10:20
 Sun-Thu 1-3:20-5:40-8-10:20
 Mission: Impossible — Ghost Protocol (14A) Fri-Sat 12:45-3:50-7-9:55 Sun-Thu 1:10-4:05-7-9:55
 Project X (18A) Fri-Thu 9:50
 Safe House (14A) Fri-Thu 2-4:40-7:40-10:15
 The Secret World of Arrietty (G) Fri-Thu 1:30-4:10-7:10
 This Means War (PG) Fri-Thu 3:15-5:45-8:10-10:25
 The Vow (STC) Fri-Sat 12:25-2:45-5:20-7:50-10:10 Sun-Thu 2:10-4:45-7:20-9:45
 The Woman in Black (14A) Fri-Thu 4-9

Cinema City Northgate
1399 McPhillips Street,
204-334-6234

Alvin and the Chipmunks: Chipwrecked (G) Fri 6:50-9:10 Sat-Sun 1:40-4:30-6:50-9:10 Mon-Thu 5:30-7:50
 Ghost Rider: Spirit of Vengeance (14A) Fri 7-9:30 Sat-Sun 2-4:20-7-9:30 Mon-Thu 5:50-8:10
 Journey 2: The Mysterious Island (PG) Fri 6:20-9 Sat-Sun 1:10-3:50-6:20-9 Mon-Thu 5:10-7:30
 Project X (18A) Fri 7:30-9:50 Sat-Sun 1:50-4:40-7:30-9:50 Mon-Thu 5:40-8:20
 Safe House (14A) Fri 6:40-9:20 Sat-Sun 12:50-3:40-6:40-9:20 Mon-Thu 4:50-7:40
 The Secret World of Arrietty (G) Fri 6:30-8:50 Sat-Sun 1:20-4-6:30-8:50 Mon-Thu 5-7:50
 The Vow (STC) Fri 7:20-9:40 Sat-Sun 1-4:20-7:20-9:40 Mon-Thu 5:15-8:10
 The Woman in Black (14A) Fri 7:10-9:30 Sat-Sun 1:30-4:10-7:10-9:30 Mon-Thu 5:20-8

Cinematheque
304-100 Arthur, 204-925-3457

No Films Showing Today (STC)
 Mon-Tue
 Payback (STC) Fri-Sun 7 Wed-Thu 7
 Tomboy (STC) Fri-Sat 9 Wed-Thu 9

City Cinema - Northgate
1399 McPhillips,
204-334-6234

Listings not available at press time.

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Chimpanzee follows a young chimp who is separated from his troop and then adopted by an adult male. HANDOUT

Place
1555 Regent Ave W,
204-663-2166

21 Jump Street (14A) Fri 6:20-9 Sat-Sun 12:50-3:20-6:20-9 Mon-Thu 5:40-8:20
 American Reunion (18A) Fri 6:30-9:10 Sat-Sun 3:30-6:30-9:10 Mon-Thu 5:30-8:10
 Dr. Seuss' the Lorax (G) Sat-Sun 1:20
 The Hunger Games (14A) Fri 6:40-9:50 Sat-Sun 12:40-3:40-6:40-9:50 Mon-Thu 5:20-8:20
 The Lucky One (PG) Fri 7-9:30 Sat-Sun 1:10-3:30-7-9:30 Mon-Thu 6-8:30
 The Pirates! Band of Misfits (G) No Passes Fri 6:50-9 No Passes Sat-Sun 1-3:50-6:50-9 No Passes Mon-Thu 5:50-8
 Safe (STC) Fri 7:10-9:40 Sat-Sun 1:30-4:10-7:10-9:40 Mon-Thu 6:10-8:40

Grant Park 8 Cinemas
1120 Grant Ave.,
204-453-4084

21 Jump Street (14A) Dolby Stereo Digital, Stadium Seating Fri 4:10-7:10-9:45 Dolby Stereo Digital, Stadium Seating Sat-Sun 1-4:10-7:10-9:45 Dolby Stereo Digital, Stadium Seating Mon-Wed 4:10-7:10-9:45 Dolby Stereo Digital, Stadium Seating Thu 4:10-7:10
 American Reunion (18A) Dolby Stereo Digital, Stadium Seating Fri-Thu 9:35 Bully (PG) Dolby Stereo Digital, Sta-

dium Seating Fri 3:55-6:40-9:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:45-3:55-6:40-9:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:55-6:40-9:30
 The Cabin in the Woods (18A) Dolby Stereo Digital, Stadium Seating Fri 3:40-7:05-10 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:30-3:40-7:05-10 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:40-7:05-10
 The Five-Year Engagement (14A) Dolby Stereo Digital, Stadium Seating Fri 3:45-6:55-9:55 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:40-3:45-6:55-9:55 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:45-6:55-9:55
 The Hunger Games (14A) Dolby Stereo Digital, Stadium Seating Fri 3:30-6:50-9:50 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:20-3:30-6:50-9:50 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:30-6:50-9:50
 The Lucky One (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri 4-6:35-9:40 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:55-4-6:35-9:40 Dolby Stereo Digital, Stadium Seating Mon-Thu 4-6:35-9:40
 Marvel's the Avengers 3D (STC) Dolby Stereo Digital, Stadium Seating, No Passes Thu 12:01
 The Pirates! Band of Misfits (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 4:05-6:45-9:20 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:50
 Salmon Fishing in the Yemen (PG) Dolby Stereo Digital, Stadium Seating Fri 3:35-6:30 Dolby Stereo Digital, Sta-

dium Seating Sat-Sun 12:15-3:35-6:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:35-6:30

IMAX Theatre at Portage Place
Y003-393 Portage Avenue,
204-956-4629

Bears (STC) Mon 7 Tue 11 Wed 12:10 Born to Be Wild 3D (G) Sat 2:15 Sun-Mon 1:15 Wed 1:15
 Coral Reef Adventure (STC) Fri 1:15-7 Egypt 3D: Secrets of the Mummies (STC) Tue 12:15 Thu 10
 Grand Canyon Adventure: River at Risk (STC) Thu 12
 The Human Body (STC) Thu 11
 Pulse: A Stomp Odyssey (STC) Sat 1 Sun 3:30
 To the Arctic 3D (STC) Fri 12:15-6-8:15 Sat 12-6-8:30 Sun 12-2:30-4:45 Mon 12-6-8:15 Wed 11:10 Thu 8:30 Tornado Alley 3D (G) Sat 7:15 Thu 1:15-7:15

Landmark Globe Cinema
393 Portage Ave,
204-943-1583

The Hunter (STC) Fri 7:15-9:30 Sat-Sun 1:15-3:30-7:15-9:30 Mon-Thu 7:15-9:30
 Keyhole (14A) Fri 7:30-9:40 Sat-Sun 1:30-3:40-7:30-9:40 Mon-Thu 7:30-9:40
 The Raid: Redemption (18A) Fri 7-9:50 Sat-Sun 1-3:50-7-9:50 Mon-Thu 7-9:50
 Landmark Towne Cinema 8

301 Notre Dame Avenue, 204-947-2848
 American Reunion (18A) Fri-Thu 9:30
 The Cabin in the Woods (18A) Fri 7-9:15 Sat-Sun 1-3:45-7-9:15 Mon-Thu 7-9:15
 The Five-Year Engagement (14A) Fri 6:45-9:30 Sat-Sun 1-3:45-6:45-9:30 Mon-Thu 6:45-9:30
 The Hunger Games (14A) Fri 7:15 Sat-Sun 1:30-7:15 Mon-Thu 7:15
 The Pirates! Band of Misfits (G) Sat-Sun 4
 The Pirates! Band of Misfits 3D (G) Fri 7-9:15 Sat-Sun 1:30-7-9:15 Mon-Thu 7-9:15
 The Raven (18A) Fri 7-9:30 Sat-Sun 1-3:30-7-9:30 Mon-Thu 7:15
 Safe (STC) Fri 7-9:15 Sat-Sun 1:30-3:45-7-9:15 Mon-Thu 7-9:15
 The Three Stooges (PG) Fri 7:15 Sat-Sun 1:15-3:30-7:15 Mon-Thu 7:15
 Wrath of the Titans (14A) Fri 7:15-9:30 Sat-Sun 1:15-4-7:15-9:30 Mon-Thu 7:15-9:30

SilverCity Polo Park
815 St. James Street,
204-774-1001

21 Jump Street (14A) Fri-Sun 12:10-2:50-5:30-8:10-10:50 Mon-Thu 1:55-4:40-7:25-10:05
 American Reunion (18A) Fri-Sun 11:55-2:25-5:05-7:50-10:45 Mon-Thu 2-4:45-7:30-10:15
 The Bright Stream: Bolshoi Ballet - Live (STC) Sun 1
 The Cabin in the Woods (18A) Fri-Sun 12:40-3:05-5:30-8-10:30 Mon-Thu 12:25-2:50-5:20-7:50-10:15
 Chimpanzee (G) Fri 1-3:05-5:15-7:25-9:35 Sat 11-1-3:05-5:15-7:25-9:35 Sun 1-3:05-5:15-7:25-9:35 Mon-Tue 12:45-2:55-5-7:05-9:15 Wed 2:55-5-7:05-9:15 Thu 12:45-2:55-5-7:05-9:15 Star & Strollers Screening Wed 1
 Dr. Seuss' the Lorax (G) Fri-Sat 12:25-2:45-5-7:15-9:30 Sun 12:25-2:45-5-7:15-9:30
 The Five-Year Engagement (14A) No Passes Fri 1:40-4:35-7:30-10:25 No Passes Sat 11-1:40-4:35-7:30-10:25 No Passes Sun 12:45-4-7:15-10:45 No Passes Mon 12:50-3:50-7:30-10:25 No Passes Tue 1:40-4:35-7:30-10:25 No Passes Wed 4:35-7:30-10:25 No Passes Thu 1:40-4:35-7:30-10:25 Star & Strollers Screening, No Passes Wed 1
 Gladiator (STC) Mon 7
 The Hunger Games (14A) Fri-Thu 12:40
 The Hunger Games: The IMAX Experience (14A) Fri-Sun 4-7-10 Mon-Wed 4:10-7:10-10:10 Thu 12-3-6-9
 The Lucky One (PG) Fri 12:45-3:15-5:45-8:20-10:55 Sat 12-3:45-6-8:25-10:55 Sun 12:45-3:15-5:45-8:20-10:55 Mon-Wed 2:30-5:10-7:45-10:20 Thu 1:25-4-6:30-9
 Madagascar (G) Sat 11
 Marvel's the Avengers 3D (STC) No Passes Thu 12:01
 Marvel's the Avengers: An IMAX 3D Experience (STC) Mon Passes Thu 12:01
 Metropolitan Opera: Manon Lescaut -

Encore (STC) Sat 11
 Mirror Mirror (G) Fri 11:50-2:25-5:10-7:45-10:20 Sat 2:25-5:10-7:45-10:20 Sun 11:50-2:25-5:10-7:45-10:20 Mon 1:55-4:25-10:20 Tue-Thu 1:55-4:25-7-9:40
 The Pirates! Band of Misfits (G) No Passes Fri-Sun 12:45 No Passes Mon-Thu 12:35
 The Pirates! Band of Misfits 3D (G) No Passes Fri-Sun 3-5:15-7:30-9:45 No Passes Mon-Thu 2:50-5:05-7:20-9:35
 The Raven (18A) Fri-Sun 11:50-2:30-5:10-7:55-10:40 Mon-Tue 2:10-4:55-7:45-10:30 Wed 1:05-3:50-7:45-10:30 Thu 12:15-2:55-5:45-8:30
 Safe (STC) Fri-Sun 1-3:20-5:45-8:10-10:35 Mon-Thu 12:50-3:10-5:35-8-10:25
 Titanic 3D (14A) Fri-Thu 3:50-8:05
 Titanic: An IMAX 3D Experience (14A) Fri-Sun 12 Mon-Wed 12:20
 Wrath of the Titans 3D (14A) Fri 1:10-3:30-6:05-8:30-10:50 Sat 11-1:10-3:30-6:05-8:30-10:50 Sun 3:30-6:05-8:30-10:50 Mon-Tue 12:30-2:55-5:15-7:35-10 Wed 12:30-2:55-5:15-7:35-10
 WWE Extreme Rules - 2012 (STC) Sun 7

SilverCity St. Vital
110-1225 St Mary's Rd,
204-256-3901

21 Jump Street (14A) Fri-Tue 1:10-4-6:50-9:40 Wed 1:10-4-10:30 Thu 1:10-4-7:45-10:45
 American Reunion (18A) Fri-Sun 2:20-5-7:45-10:30 Mon-Wed 5-7:45-10:30 Thu 5-10:30
 The Bright Stream: Bolshoi Ballet - Live (STC) Sun 1
 Chimpanzee (G) Fri-Thu 1-3:10-5:15-7:20-9:30
 China Heavyweight - A Hot Docs Live Presentation (STC) Wed 8
 Dr. Seuss' the Lorax (G) Fri-Sun 12 Mon-Thu 2:20
 The Five-Year Engagement (14A) No Passes Fri-Sun 2-4:55-7:50-10:45 No Passes Mon-Wed 1:40-4:30-7:20-10:10 No Passes Thu 4:30-7:20-10:10 Star & Strollers Screening, No Passes Thu 1
 The Hunger Games (14A) Fri-Thu 12:30-3:40-7-10:15
 Indie Game: The Movie - A Hot Docs Live Presentation (STC) Thu 8
 The Lucky One (PG) Fri-Sun 12:40-3:15-5:45-8:15-10:45 Mon-Thu 12:40-3:15-7:45-10:10
 The Pirates! Band of Misfits (G) No Passes Fri-Wed 12:45 Star & Strollers Screening, No Passes Thu 1
 The Pirates! Band of Misfits 3D (G) No Passes Fri-Thu 3-5:15-7:30-9:45
 The Raven (18A) Fri-Sun 12:10-2:45-5:20-8-10:40 Mon-Thu 12:30-3:15-7:50-10:30
 Titanic 3D (14A) Fri-Sat 12:20-4:20-8:30 Sun 4:20-8:30 Mon-Thu 12:20-4:20-8:30
 Wrath of the Titans 3D (14A) Fri-Sun 12:30-3-5:30-8-10-10:40 Mon-Wed 2:10-5:30-7:55-10:20 Thu 2:10-4:35-10:20

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From failure to the front page

Breakthrough success.

After flirting with failure, Civil Wars enjoy doing their Grammy-winning victory lap

It was just a few years ago that John Paul White — now one-half of the gritty Americana duo the Civil Wars — was ready to surrender his music career.

White had released his debut solo record to little fanfare in 2008 and toiled for years prior as a songwriting hired gun in Nashville who had made few contacts and fewer industry inroads.

So he decided to head back to college for a second degree, with an eye toward possibly becoming a teacher.

"I knew I didn't really

want to do the solo artist thing anymore, and I had no other thoughts of any other kind of way of staying in the business," White recalled during an interview this week in Toronto.

"I thought, I had my run. I got to do what most people never get to do, and that was make music for a living. So I was slightly bitter that things didn't turn out the way I wanted them to, but I was content and I was OK with it."

It was then that White was paired up with another struggling Nashville-based artist with nearly a decade of false starts behind her.

Joy Williams had put out solo records in obscurity since 2001 when she was randomly paired with White in a songwriting session.

Both artists entered the collaboration with a weary skepticism honed through years of go-nowhere pairings

and projects in the country music capital. But they hit it off.

The unlikely coupling — neither Williams nor White had been interested in forming a band, let alone a duo — has led to even more unlikely success.

Under the appropriately backward-looking moniker the Civil Wars, Williams and White put out their debut album, Barton Hollow — a

sparse, elegantly subtle collection of rustic roots tunes — back in Feb. 1, 2011.

Almost exactly a year later, the pair strolled across the Grammy Awards stage to claim trophies for best folk album and best country duo/group performance, disparate categories hinting at the group's uniquely difficult-to-classify blend of styles and genres.

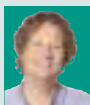
THE CANADIAN PRESS



Joy Williams, left, and John Paul White of musical group The Civil Wars pose backstage with their Grammy awards. MARK J. TERRILL/THE ASSOCIATED PRESS

Sound Check

More useless information on music



SOUND CHECK
Alan Cross
scene@metronews.ca

While researching material for my radio show, The Secret History of Rock, I often come across information about music that's utterly fascinating but doesn't fit into anything I'm doing at the moment.

Because it seems a shame not to use this stuff, I hereby present it to you.

- Plastic surgeons are developing new techniques for restoring a youthful appearance to aging female hands that have become veiny with loose skin. Physicians and clients are referring to this condition as Madonna hands.

- When Pete Townshend of The Who appeared as a character on The Simpsons, the role was actually voiced by Pete's brother Paul.

- Geddy Lee of Rush donated his entire collection of 200 autographed baseballs from the old Negro Baseball League to their hall of fame in Kansas City.

- Back in the 1960s, David Bowie appeared in a

TV commercial for an ice cream bar called Luv.

The ad was directed by a young Ridley Scott.

- The first hit single to run more than four minutes was Harry Belafonte's Mary's Boy Child. When it was released in 1957, it ran a scandalous four minutes and 12 seconds.

- The Blur song Song 2 was the second song to be recorded for that album. It was track two on the CD and the second single from the record, reaching number two on the British charts. And the song is exactly two minutes long.

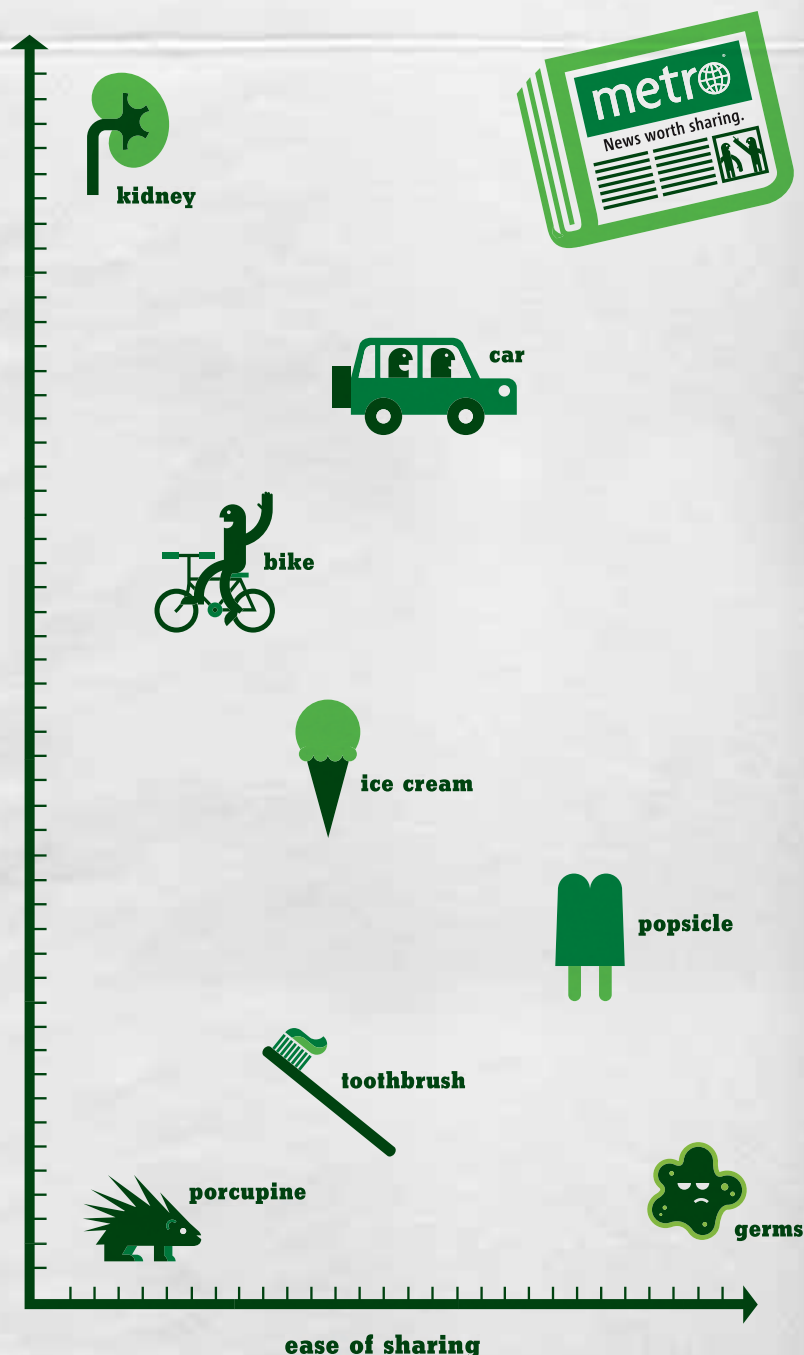
- Thomas Dolby — Remember the song She Blinded Me With Science? — moved to Silicon Valley where he invented a tiny synthesizer-on-a-chip that makes ringtones possible. It's been installed on more than three billion cell-phones around the world.

- The first person to utter the words Elvis has left the building was Horace Lee Hogan.

On December 15, 1956, Elvis played in front of 10,000 fans who mobbed the doors backstage when the performance was over. Horace, who was in charge of the gig, grabbed the microphone in an effort to regain control.

He screamed, "Please, young people! Elvis has left the building!"

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Is Fox a mother-to-be?

A month after pregnancy rumours last surfaced, a source is now insisting to E! News that Megan Fox is expecting.

It would be the first child for the 25-year-old actress, though she's also stepmother to husband Brian Austin Green's 10-year-old son, Kassius. Parenthood is definitely a topic Fox hasn't been shy about: "I want at least two, probably three kids," she recently told Cosmopolitan magazine.

"I've always been maternal."



A-Rod hearts Cameron Diaz, George Clooney

Yankees slugger Alex Rodriguez has kept tight-lipped about his relationships, but he's willing to offer some kind words about ex-girlfriend Cameron Diaz.

"I don't like talking about my relationships," Rodriguez tells with The Insider. "But I will tell you about CD: She's probably one of the greatest human beings I've ever met, and just an amazing light."

Of course, Diaz isn't the only A-lister Rodriguez can't help gushing about: "I think



my new hero is George Clooney," he says.

"He's my new role model. I think he's done it right."

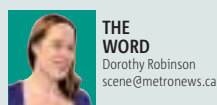
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Spears gives up rights to dad and fiancé



THE WORD
Dorothy Robinson
scene@metronews.ca

In a sad state of affairs — for Britney Spears, at least — a Los Angeles court has approved a request to add fiancé Jason Trawick as a co-conservator in charge of her finances and decisions, according to TMZ.

Trawick, along with Spears' father, Jamie Spears, will be responsible for all decisions pertaining to the pop star's personal life. Spears has been under

the conservatorship since 2008. It was originally reported that her father had requested Trawick be added, but it turns out it was the singer herself.

A lawyer for her father says her client is "thrilled" with the addition.

"It's all in the family."

Shudder. Look, it's apparent that Spears is still kind of a sick puppy and needs the guidance to make sure she doesn't have another spectacular flame-out during which she shaves her head and starts smashing cars with an umbrella and/or loses all of her money to skanky back-up dancers.

But still: Doesn't seeing a successful 30-year-old woman give up her rights to her father and soon-to-be husband feel like some medieval-level-ish?



Jennifer Aniston ALL PHOTOS GETTY IMAGES

Please don't ask Jen about her ex-husband's engagement

This may not come as the biggest surprise, but Jennifer Aniston doesn't really want to talk about Brad Pitt and Angelina Jolie's engagement, according to Us Weekly.

"She hates it being brought up because she doesn't really care," a source says. "She feels

Angelina can have him. She just wants to move on." Aside from the fact that it's been seven years since Pitt split with her and took up with Jolie, Aniston has moved on herself with boyfriend Justin Theroux.

"Jen's totally happy with Justin," says the source. "That's all in the past."

The best promotional video ever?

Just when you thought Toddlers and Tiaras couldn't get more disturbing: It looks like a certain five-year-old star of the reality show has it in for Justin Bieber.

In a promotional video for the cable TV series, young pageant contestant

Bridgett says she wants to be an exterminator when she grows up, but her list of targets is troubling: "I like to kill the worms. I like to kill grasshoppers. I like to kill bees," Bridgett explains.

"I like to kill Justin Bieber."

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In what seems like a month of celebrity deaths, it's sad that a member of one of my favourite '80s bands went to the great beyond nearly unnoticed.

That got me thinking about wine.

Greg Ham was the sax player for Down Under's Men At Work. A quintessential new wave group, it hit the big time then crashed and burned — much like the Aussie wine industry.

Australian wine was all that and more pre-21st century, but as wineries started chasing the same flavour profile, the liquid homogeny started to bore consumers.

Thankfully, an ever growing crop of interesting new producers have emerged from Australia. Many are taking advantage of the growing popularity of groovy grape blends and old school label graphics.

Gotham Wines' The Wine Men Of Gotham 2008 Grenache Shiraz (\$13.99 - \$14.99) has a throwback flavour reminiscent of the deep, dark Men At Work-era Aussie reds.

Though the mix of grenache and shiraz is classic French Rhone Valley, the two grapes combine with harmony in a warmer climate and the concentrated berry goodness tastes as lip-smacking on its own as it does with grilled meats from the barbie.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Lip-smacking, slow-cooked comfort food

Balsamic Braised Short Ribs. The deep flavoured sauce and ribs are perfect over mashed potatoes

Short ribs are the ideal cut of meat to be braised. They have quite a bit of marbling and can be tough if not properly cooked. For the best flavour, opt for on-the-bone.

1. In heavy-bottomed pot, heat oil over medium heat. Working in batches, sear short ribs for 4 mins. on each side or until well browned; transfer to a plate.

2. Add leeks, onions, carrots, celery and garlic; cook, stirring occasionally, 15 mins. Add tomato paste, salt, red pepper flakes, and black pepper; cook 7 mins. or until tomato paste turns a brick reddish-brown colour.

3. Add vinegar, sugar, rosemary and mustard. Scrape up browned bits from bottom of pot. Return ribs to pot, then add beef stock. Bring mix to low simmer and cover. Pot can be left on stovetop on low heat or placed in a 160 C (325 F) oven for 2 hours or until ribs tender when pierced.

4. Transfer meat to platter. Cover with foil and kitchen

towels to keep warm. Using slotted spoon, remove and discard solids from liquid. Bring liquid to a boil on stovetop and cook until reduced to 250 ml (1 cup). Drizzle glaze

over short ribs and serve.
THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 15 ml (1 tbsp) canola oil
- 6 bone-in short ribs
- 2 each leeks (white parts only, sliced), onions (sliced), carrots (peeled and cut into pieces), stalks celery (cut into pieces), 2 cloves garlic (chopped)
- 30 ml (2 tbsp) tomato paste
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) red pepper flakes
- 2 ml (1/2 tsp) black pepper
- 125 ml (1/2 cup) balsamic vinegar
- 50 ml (1/4 cup) packed brown sugar
- 3 sprigs fresh rosemary
- 15 ml (1 tbsp) Dijon mustard
- 1 l (4 cups) unsalted beef stock

3 LIFE

Superfood

Persimmon

No, it's not a tomato but a persimmon. This bright orange fruit has zero fat and is high in carbs and natural sugars. It's high in fibre and Vitamin A as well.

A recent Japanese study showed that persimmon peel contained the phytochemical proanthocyanidin, thought to protect cells against oxidative damage associated with skin ageing.

ROMINA MCGUINNESS/ METRO WORLD NEWS

On the web



Ellen DeGeneres says vegan diet wasn't always easy but she's glad she made the change



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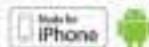
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Tennis

Raonic's clay game 'progressing well'

Canadian Milos Raonic dominated sixth-seeded Spaniard Nicolas Almagro 6-3, 6-3 Thursday to reach the quarter-finals of the Barcelona Open.

The 11th seed from Thornhill, Ont., needed just 67 minutes to advance comfortably on Centre Court at the Real Club de Tennis against the clay specialist.

"This was probably my best win on clay," said Raonic. "There's been a big change for me this week. I'm very proud of my play today, and I'm progressing well."

Raonic will face No. 2 seed Andy Murray on Friday. **THE CANADIAN PRESS**



Milos Raonic reacts after Thursday's win.

THE ASSOCIATED PRESS

NHL

Chara, Karlsson and Weber in Norris running

Zdeno Chara of the Boston Bruins, Erik Karlsson of the Ottawa Senators and Shea Weber of the Nashville Predators are the finalists for the Norris Trophy for the NHL's best defenceman.

The winner will be announced June 20 at the NHL awards ceremony in Las Vegas.

THE CANADIAN PRESS

Healthy Pierce looking forward to new season

CFL. A year removed from intense rehab on his throwing elbow, Bombers QB is better prepared for this season

Buck Pierce is heading into this season with a healthy mind and body.

That's a big difference from last year, when the Winnipeg Blue Bombers quarterback was coming off intense rehab after dislocating the elbow of his throwing arm in September 2010.

Questions were swirling back then about whether he'd recover from the severe injury, but Pierce bounced back to start a career-high 16 regular-season games and lead the Bombers to an eventual Grey Cup loss to B.C.

This past winter, Pierce's focus was on regular workouts, making appearances in the community and settling into a Winnipeg house he'd bought.

"It's nice because you can work on the aspects of your game that sometimes you wouldn't have the chance to do while you're rehabbing," Pierce said this week at Winnipeg's mini camp.

"I was able to throw, I was able to run, I was able to do everything that a healthy guy can do in six months time. I feel good, I feel light, I feel strong, fast. I'll be ready for (training) camp."

The six-foot-one, 210-pound pivot was twice named the CFL player of the week last season and completed 261-of-411 pass attempts for 3,348 yards with 14 touchdowns and 18 interceptions.

Hitting 16 starts was a good achievement, but he's always looking to improve and help the Bombers put up victories. The club finished last season with a 10-8 record after a 7-1



Buck Pierce throws the ball during a walkthrough during Grey Cup weekend Nov. 26 in Vancouver.

NATHAN DENETTE/THE CANADIAN PRESS FILE

Quoted

"Buck took us to the Grey Cup last year. For me, it's another year where I can learn under him. He's a great player."

Bombers backup quarterback Alex Brink starts.

"Playing 18 games would be great and all that," Pierce said. "I want to play as many games as I can, obviously."

"I feel like I can play every game. I know everybody else probably doesn't think I can. If it happens, that's great. I'm just going to try to keep myself as healthy as possible for this season and prepare that way."

The Bombers retained their quarterbacking quartet from last year, which also includes Alex Brink, Joey Elliott and Justin Goltz.

Brink remains a Pierce booster and will again be ready to step in like he did last season for eight games, including two

starts.

"This is Buck's team," said Brink, who's going into his third season with the squad.

Pierce is looking forward to working with new offensive coordinator Gary Crowton, who replaced the fired Jamie Barresi.

"We're going to keep a lot of our old concepts, but he brings his flavour and puts his stamp on our offence," Pierce said.

Pierce knows fans are also excited about this season and an opportunity for the club to return to the Grey Cup. Winnipeg hasn't won since 1990, the league's longest championship drought.

"We know our capabilities, we know nothing's owed to

Strong recovery

- Entering his eighth CFL season and third with the Bombers, the 30-year-old Pierce always maintains a positive attitude and confidence in his abilities.

- That was especially needed when he was rehabbing his elbow. Research the team did on the injury revealed no professional quarterback had come back from such an injury to their throwing elbow.

us," he said.

"But we also feel like we have something to accomplish. I think when you get as far as we did and not succeed, that really leaves something to go after."

THE CANADIAN PRESS

4

SPORTS

IIHF

Canada falls to 5th in rankings

Canada has dropped to fifth in world rankings released ahead of the IIHF World Hockey Championship. Defending champion Finland remains No. 1 ahead of Sweden, Russia and the Czech Republic. Canada sat in top spot after winning gold at the 2010 Olympics in Vancouver but has dropped down after consecutive quarter-final exits at the world championship.

THE CANADIAN PRESS

On the web



The Phoenix Suns are facing a future without Steve Nash. With the Suns in the midst of a rebuild and Nash set to become a free agent, it could be time for the two-time MVP to finally move on. Scan the code for the story.

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Crossword

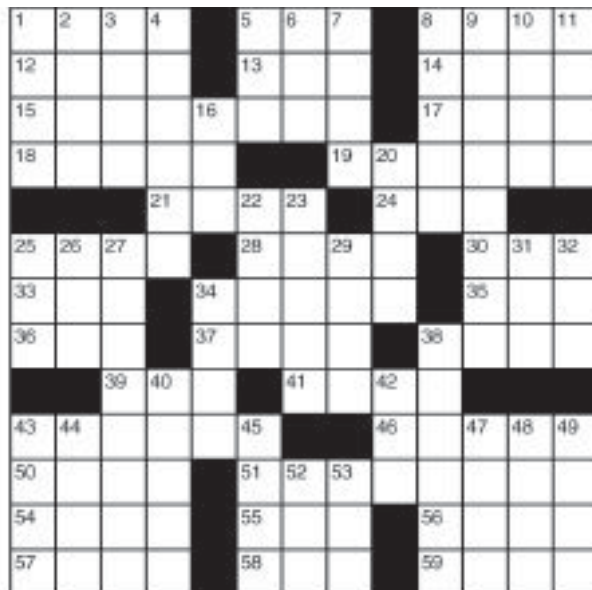
Across

1 Approached the plate
5 Erstwhile acorn
8 Easy marks
12 Actress Spelling
13 Evening hour in old Rome
14 Fall hard
15 Most importantly
17 "Three Sisters" sister
18 Huge goof
19 Tortilla chips
21 Obi
24 Ring decision
25 Castle protection
28 Mexican entree
30 Submachine gun
33 Night bird
34 Antitoxin
35 Disencumber
36 Grown-up elver
37 Renders speechless
38 Venomous vipers
39 Bleacher denizen
41 Unwanted e-mail
43 Jagger's band
46 Undergo catharsis
50 Hoodlum
51 Pop song of 1952
54 Dumbo's "wings"
55 Chic no longer
56 Greek vowels
57 Atomizer squirt

58 Teensy
59 Arp's art

Down

1 Impale
2 Timber wolf
3 Unyielding
4 Strip
5 Eggs
6 Have a bug
7 Furnace of a sort
8 Enterprise officer
9 A very late time
10 Comic-strip possum
11 Resorts international?
16 Historic period
20 Fermi's bit
22 Leftovers recipe
23 Cottontails
25 Curly's brother
26 Haven't paid yet
27 Card game for crawlers?
29 Point
31 Energy
32 Driver's lic. et al.
34 Logical
38 Entertained
40 Apprehension
42 Suitable
43 Goblet feature
44 Siamese



45 Pack away
47 — -tat-tat
48 Pleased

49 "Born Free" lioness
52 Shading
53 Noshed on

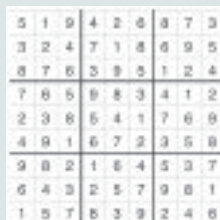
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XZISBA PDL SI HTNUSH
TZPSBAN. PDL PDSINPM
EVSLBN VSYLX PT UEYL E
NPTO GM PDL NOEHL GEI.
Yesterday's Cryptoquip: WHEN PEOPLE ARE
CURSING ON A ROLLER COASTER, COULD YOU
SAY THEY'RE SWEARING UP AND DOWN?
Today's Cryptoquip Clue: L equals E



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20.

Anyone who thinks they can black-mail you in any way, shape or form is in for a surprise today.

♉ Taurus | April 21 - May 21.

You may have to tread on toes today but that's OK because you have serious things to take care of and you don't have time for pleasantries.

♊ Gemini | May 22 - June 21.

You are in a playful mood at the moment and simply cannot be bothered with people whose outlook on life is negative.

♋ Cancer | June 21 - July 22.

You may feel that someone has let you down, but it's not the end of the world, so snap out of it.

♌ Leo | July 23 - Aug. 22.

You have a knack of being able to make other people believe you. Use that talent to your advantage.

♍ Virgo | Aug. 23 - Sept. 22.

It's not true that you don't have as much talent as your rivals, so stop tormenting yourself.

♎ Libra | Sept. 23 - Oct. 22.

You can probably bluff your way out of trouble quite easily today but don't think you can go down this route indefinitely.

♏ Scorpio | Oct. 23 - Nov. 21.

Don't push yourself too hard over the next two or three days because the serious stuff can quite safely be left until Monday morning.

♐ Sagittarius | Nov. 22 - Dec. 21.

You won't be in a very chatty mood today, not at all your usual happy-go-lucky Sagittarian self.

♑ Capricorn | Dec. 22 - Jan. 20.

It seems you have come to the conclusion that certain issues are not worth getting worked up about.

♒ Aquarius | Jan. 21 - Feb. 18.

Don't give up on something just because it turns out to be harder than you expected.

♓ Pisces | Feb. 19 - March 20.

It's a good time to approach people in positions of authority. Show them that you are serious about moving up in the world they will help you in every way they can. **SALLY BROMPTON**

Weather

TODAY



MAX: 14°
MIN: 0°

SATURDAY

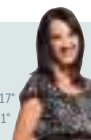


MAX: 13°
MIN: 1°

SUNDAY



MAX: 17°
MIN: 1°

JENNA KHAN
WEATHER SPECIALIST

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MICHAEL PROBST/THE ASSOCIATED PRESS

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